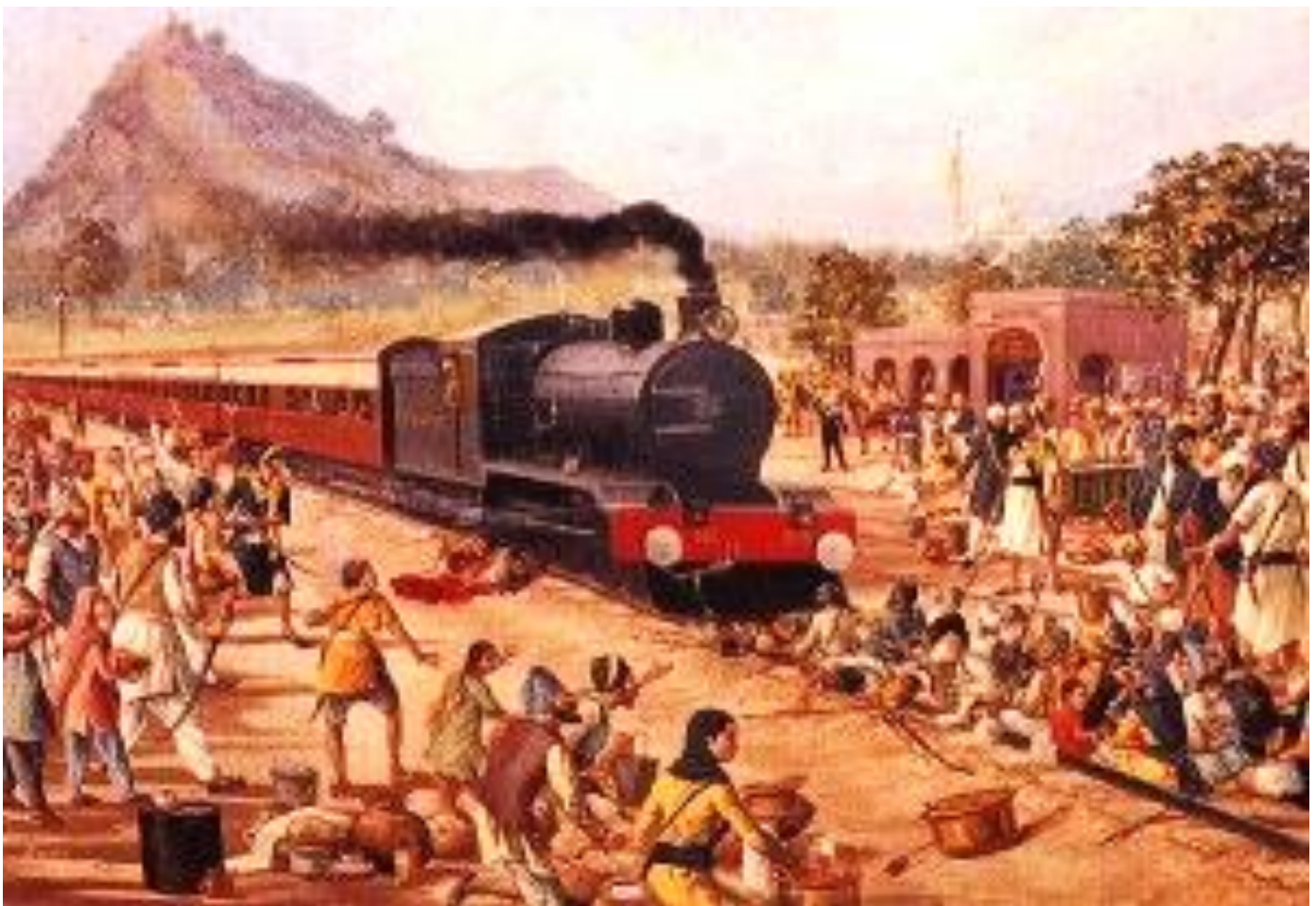


# GOBIND MARG

## THE MONTHLY BULLETIN OF GURDWARA SRI GURU SINGH SABHA – HOUNSLOW

SEPTEMBER 2020 – VOL XXVII ISSUE 9



*During the struggle to liberate Gurdwara Guru ka Bagh in the early 1920s from the control of the Udasi Mahants, many of the peaceful, non-violent protestors suffered merciless police beating and were sent into distant prisons by the train load. Sikhs would feed the hungry 'prisoners' as the trains stopped at railway stations. When the authorities refused to stop one such train at Abchal Nagar station, the Sikhs who had brought langar from Panja Sahib Gurdwara, lay on the track to force it to stop. Many gave their lives here.*



ੴ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ ॥



One Universal Creator God, Realised By the Grace of [The True Guru]

**Monday - Saturday  
(Excluding Tuesdays)**

**AM**

4.00	Parkash
5.00	Nitnem
6.00	Simran
6.30	Asa-Di-Vaar
7.45	Ardass
10.00	Kirtan
10.45	Katha
11.30	Ardass

**PM**

6.00	Rehraas
6.30	Kirtan
7.00	Katha
7.30	Ardass
8.00	Sukhasan

**Sundays Only**

4.00	Parkash
5.00	Nitnem
6.00	Simran
6.30	Asa-Di-Vaar
7.45	Ardass
8.00	Akhand Paath or Sehaj Paath Bhog or Sukhmani Sahib
9.00	Kirtan
9.45	Ardass
10.00	Youth Kirtan
11.00	Kirtan

**Tuesdays Only**

4.00	Parkash
5.00	Nitnem
6.00	Simran
6.30	Asa-Di-Vaar
7.45	Ardass
10.00	Kirtan
10.30	Katha
11.00	Sukhmani Paath

**PM**

12.00	Katha
1.00	Kirtan
2.00	Ardass
6.00	Rehraas
6.30	Kirtan
7.00	Katha
7.30	Ardass
8.00	Sukhasan

**PM**

12.15	Ladies Kirtan
2.00	Ardass
6.00	Rehraas
6.30	Kirtan
7.00	Katha
7.30	Ardass
8.00	Sukhasan

**Please Note**

During the restricted services of the Gurdwara (in compliance with the government guidelines) these services are currently suspended.



ੴ ਸਤਿਗੁਰ ਪਰਸਾਦਿ ॥



# GURDWARA SRI GURU SINGH SABHA

Alice Way, Hanworth Road, Hounslow, Middlesex, TW3 3UD  
Tel: 020 8577 2793 Fax: 020 8577 6714 Email: [khalsa@sgss.org](mailto:khalsa@sgss.org)  
web site: <http://www.sgss.org>

Registered as a place of worship under the Worship Registration  
Act 1855 No. on Register 75990

Registered Charity No. 83314

Inland Revenue Ref. CC 15570

## September 2020

Important Days	Event/ Guru Sahib	Nanakshahi Calendar Day
Puranmashi/ Purnima	Full Moon	2 September
Sangrand - ਹਾੜ੍ਹ	Beginning of New Month	15 September
Massia	No Moon (Dark Night)	17 September
Important Sikh & Other Dates		
Prakash Sri Guru Granth Sahib	Sri Guru Granth Sahib installed at Darbar Sahib, Amritsar	1 September
Guru Amar Das ji	Jyoti Jot	16 September
Guru Ram Das ji	Jyoti Jot	16 September
Guru Nanak Dev ji	Jyoti Jot	22 September

### Activities, Facilities and Education Classes

**Please note.** The regular Gurdwara services have been suspended for the duration of the government Covid-19 virus restrictions. Normal services are being resumed gradually.

**General enquires:** Tel 020 8577 2793, or Email [khalsa@sgss.org](mailto:khalsa@sgss.org)

**Matrimonial enquires:** Tel 020 8814 6701 Email [marriages@sgss.org](mailto:marriages@sgss.org)

## General Secretary's Report

*S. Zora Singh ji (Gen Sec) & S. Jagjit Singh ji*

We have been experiencing some very unsettled and unpredictable weather. The Coronavirus situation, too, is no different either. The daily number of cases curve has now taken an upward turn. Sadly parts of Hounslow have been one of the worst hit locations and show a worrying spike. So we in the Gurdwara cannot afford to be complacent.

We operate under a careful and considered plan with regard to the safety of the Sangat. We scrupulously follow the National Health guidelines. We have installed plastic screening in both the offices for extra safety of all. We also arranged a short safety training course for the sevadaars and office bearers on the 12<sup>th</sup> of August.

We always welcome and are thankful for any constructive suggestions. As such we have allowed the serving of snacks during the functions held in the Gurdwara. However we require that these be brought to the Gurdwara a day before the function, to be kept in the refrigerator.

We now have an extended daily Gurbani programme for the Sangat, effective since 23 August.

Programme	Monday to Saturday	Sunday only
7.00 - 7.45 am	Kirtan Asa Di Var	Kirtan Asa Di Var
7.45 - 8.45 am	Katha	Katha
8.45 am	Ardaas	Ardaas
11.00 am - 12.00 pm	-	Katha
12.00 am - 1.00 pm	-	Kirtan
1.00 pm	-	Ardaas
6.00 - 6.30 pm	Rehras Sahib	Rehras Sahib
6.30 - 7.00 pm	Kirtan	Kirtan
7.00 pm	Sukhasan	Sukhasan

The Gurdwara is accepting more bookings for the different functions. In the month of August there were six marriages, four recitations of the Sukhmani Sahib Paath and Kirtan Diwans, and four funerals. Please note that for your own protection, and that of others, masks must be worn while in the Gurdwara buildings. We are thankful to our Sangat for taking responsibility while in the Gurdwara.

### Opening Times

The Gurdwara is now open 7am to 7pm for all 7 days a week.

### Matrimonial Service

Monday to Saturday – 10:00am to 1:00pm, Sunday – 10:00am to 3:00pm

### Main Office

Monday to Sunday – 10:00am to 2:00pm.

**Show Your Gratitude** Please donate to the Gurdwara Fund to help run the Sangat services and other essential functions.

**By Cheque:** Payable to Sri Guru Singh Sabha Hounslow, cheques can be posted or delivered to: Gurdwara Sri Guru Singh Sabha Hounslow, Alice Way, Hounslow TW3 3UD.

**By Online Bank Transfer:** Account Sri Guru Singh Sabha, Sort Code: 20-96-55, Account: 00859095. To help us further increase your donation by 25% from the HMRC, please download the Gift Aid form from the Gurdwara website [www.sgss.org](http://www.sgss.org), and email to [Khalsa@sgss.org](mailto:Khalsa@sgss.org)



We continue our exposition of the Rehras Sahib bani with the last 11 stanzas of the "So Dar" composition. Guru Nanak Dev ji again makes metaphysical references to the prevailing mythical legends (such as the fourteen jewels created by the churning of the Primal Ocean). In the last five stanzas Guru Sahib speaks directly of the Almighty Waheguru and reveals Him as the One Eternal Reality and forever the Truth, who upon giving rise to Creation, watches over it, for such is His Greatness.

	ਸੋ ਦਰੁ ਰਾਗੁ ਆਸਾ ਮਹਲਾ ੧ ੴ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ ॥	Glossary	First Guru's Bani
12	ਗਾਵਨਿ ਤੁਧਨੇ ਰਤਨ ਉਪਾਏ ਤੇਰੇ ਅਠਸਠਿ ਤੀਰਥ ਨਾਲੇ ॥	ਰਤਨ ਉਪਾਏ ਤੇਰੇ ਅਠਸਠਿ	Short <i>Mool Mantra</i> invocation to Waheguru Jewels of Your creation Literally 8 and 60, or 68
13	ਗਾਵਨਿ ਤੁਧਨੇ ਜੋਧ ਮਹਾਬਲ ਸੂਰਾ ਗਾਵਨਿ ਤੁਧਨੇ ਖਾਣੀ ਚਾਰੇ ॥	ਜੋਧ, ਮਹਾਬਲ, ਸੂਰਾ ਖਾਣੀ ਚਾਰੇ	Supreme warriors The 4 sources of birth (Egg, Placenta, Sweat and Earth)
14	ਗਾਵਨਿ ਤੁਧਨੇ ਖੰਡ ਮੰਡਲ ਬ੍ਰਹਮੰਡਾ ਕਰਿ ਕਰਿ ਰਖੇ ਤੇਰੇ ਧਾਰੇ ॥	ਖੰਡ ਮੰਡਲ ਬ੍ਰਹਮੰਡਾ ਤੇਰੇ ਧਾਰੇ	Continents, the World and the Universe Supported by You
15	ਸੇਈ ਤੁਧਨੇ ਗਾਵਨਿ ਜੋ ਤੁਧੁ ਭਾਵਨਿ ਰਤੇ ਤੇਰੇ ਭਗਤ ਰਸਾਲੇ ॥	ਰਤੇ, ਭਗਤ ਰਸਾਲੇ	Absorbed in Him; Devotee, holy or pious persons
16	ਹੋਰਿ ਕੇਤੇ ਤੁਧਨੇ ਗਾਵਨਿ ਸੇ ਮੈ ਚਿਤਿ ਨ ਆਵਨਿ ਨਾਨਕੁ ਕਿਆ ਬੀਚਾਰੇ ॥	ਸੇ ਮੈ ਚਿਤਿ ਨ ਆਵਨਿ ਨਾਨਕੁ ਕਿਆ ਬੀਚਾਰੇ	Like those I cannot recollect What can Nanak reflect on?
17	ਸੇਈ ਸੇਈ ਸਦਾ ਸਚੁ ਸਾਹਿਬੁ ਸਾਚਾ ਸਾਚੀ ਨਾਈ ॥	ਸਚੁ ਨਾਈ	Firm, Permanent Fame, glory, praise
18	ਹੈ ਭੀ ਹੋਸੀ ਜਾਇ ਨ ਜਾਸੀ ਰਚਨਾ ਜਿਨਿ ਰਚਾਈ ॥	ਹੋਸੀ, ਜਾਇ ਨ ਜਾਸੀ, ਰਚਾਈ	Will be (firm), Will not die Gave rise to
19	ਰੰਗੀ ਰੰਗੀ ਭਾਤੀ ਕਰਿ ਕਰਿ ਜਿਨਸੀ ਮਾਇਆ ਜਿਨਿ ਉਪਾਈ ॥	ਭਾਤੀ, ਜਿਨਸੀ ਉਪਾਈ	Many kinds; Species Established
20	ਕਰਿ ਕਰਿ ਦੇਖੈ ਕੀਤਾ ਆਪਣਾ ਜਿਉ ਤਿਸ ਦੀ ਵਡਿਆਈ ॥	ਕਰਿ ਕਰਿ ਦੇਖੈ ਜਿਉ, ਵਡਿਆਈ	Creates then looks after Like, His Will (Rezsa)
21	ਜੇ ਤਿਸੁ ਭਾਵੈ ਸੇਈ ਕਰਸੀ ਫਿਰਿ ਹੁਕਮੁ ਨ ਕਰਣਾ ਜਾਈ ॥	ਤਿਸੁ ਭਾਵੈ, ਕਰਸੀ ਨ ਕਰਣਾ ਜਾਈ	As per existence; He does Cannot be given effect
22	ਸੋ ਪਤਿਸਾਹੁ ਸਾਹਾ ਪਤਿਸਾਹਿਬੁ ਨਾਨਕ ਰਹਣੁ ਰਜਾਈ ॥੧॥	ਸਾਹਾ ਪਤਿਸਾਹਿਬੁ ਰਹਣੁ ਰਜਾਈ	King of Kings Live in His Will (Rezsa)

## ਪੰਜਾਬੀ ਅਰਥ

**Lines 12-14:** ਹੇ ਨਿਰੰਕਾਰ! ਤੇਰੇ ਚੌਦਾਂ ਰਤਨ ਪੈਦਾ ਕੀਤੇ ਹੋਏ ਅਤੇ ਹਿੰਦੂਆਂ ਦੇ ਅਠਾਹਠ ਤੀਰਥ ਤੈਨੂੰ ਹੀ ਗਾ ਰਹੇ ਹਨ। ਜੇਦੇ, ਮਹਾਂਬਲੀ ਤੇ ਸੂਰਮੇ ਵੀ ਤੇਰੀ ਹੀ ਤਾਕਤ ਦੀ ਸਿਫਤਿ ਕਰ ਰਹੇ ਹਨ, ਅਤੇ ਚਹੁੰਆਂ ਖਾਣੀਆਂ (ਅੰਡਜ - ਆਂਡਿਆਂ ਤੋਂ ਪੈਦਾ ਹੋਇ, ਜੇਰਜ - ਜਿਓਰ ਜਾਂ ਝਿੱਲੀ ਦੇ, ਸੇਤਜ - ਗਰਮੀ ਅਤੇ ਪਾਣੀ ਦੇ: ਕੀਟ ਜਾਂ ਕੀੜਾ, ਉਤਭੁਜ - ਜ਼ਮੀਨ ਵਿਚੋਂ ਪੈਦਾ ਹੋਇ : ਰੁੱਖ, ਬੂਟੇ, ਘਾਹ ਆਦਿ) ਦੇ ਜੀਵ ਵੀ ਤੈਨੂੰ ਗਾ ਰਹੇ ਹਨ। ਸਾਰੀ ਸ੍ਰਿਸ਼ਟੀ, ਸ੍ਰਿਸ਼ਟੀ ਦੇ ਸਾਰੇ ਖੰਡ ਤੇ ਮੰਡਲ, ਜੋ ਤੂੰ ਪੈਦਾ ਕਰ ਕੇ ਟਿਕਾ ਰੱਖੇ ਹਨ, ਉਹ ਸਭੇ ਤੈਨੂੰ ਹੀ ਗਾਉਂਦੇ ਹਨ।

**Lines 15-16:** ਹੇ ਨਿਰੰਕਾਰ! ਅਸਲ ਵਿਚ ਉਹੀ ਬੰਦੇ ਤੇਰੀ ਸਿਫਤਿ-ਸਾਲਾਹ ਕਰਦੇ ਹਨ ਜੋ ਤੇਰੇ ਪ੍ਰੇਮ ਵਿਚ ਰੱਤੇ ਹੋਏ ਹਨ ਅਤੇ ਤੇਰੇ ਰਸੀਏ ਭਗਤ ਹਨ, ਉਹੀ ਬੰਦੇ ਤੈਨੂੰ ਪਿਆਰੇ ਲੱਗਦੇ ਹਨ। ਅਨੇਕਾਂ ਹੋਰ ਜੀਵ ਤੇਰੀ ਵਡਿਆਈ ਕਰ ਰਹੇ ਹਨ, ਜੋ ਮੈਥੋਂ ਗਿਣੇ ਨਹੀਂ ਜਾ ਸਕਦੇ। ਨਾਨਕ ਕੀਹ ਵਿਚਾਰ ਕਰ ਸਕਦਾ ਹੈ? (ਨਾਨਕ ਇਹ ਵਿਚਾਰ ਕਰਨ-ਜੇਗਾ ਨਹੀਂ ਹੈ)।

**Lines 17-18:** ਜਿਸ ਪ੍ਰਭੂ ਨੇ ਇਹ ਸ੍ਰਿਸ਼ਟੀ ਪੈਦਾ ਕੀਤੀ ਹੈ, ਉਹ ਇਸ ਵੇਲੇ ਭੀ ਮੌਜੂਦ ਹੈ, ਤੇ ਸਦਾ ਕਾਇਮ ਰਹਿਣ ਵਾਲਾ ਹੈ। ਉਸ ਦੀ ਵਡਿਆਈ ਸਦਾ ਕਾਇਮ ਰਹਿਣ ਵਾਲੀ ਹੈ।

**Lines 19-20:** ਜਿਸ ਪ੍ਰਭੂ ਨੇ ਕਈ ਰੰਗਾਂ ਕਿਸਮਾਂ ਤੇ ਜਿਨਸਾਂ ਦੀ ਮਾਇਆ ਰਚ ਦਿੱਤੀ ਹੈ, ਉਹ, ਜਿਵੇਂ ਉਸ ਦੀ ਰਜ਼ਾ ਹੈ, ਜਗਤ ਨੂੰ ਪੈਦਾ ਕਰ ਕੇ ਆਪਣੀ ਰਜ਼ਾ ਦੇ ਮੁਤਾਬਕ ਉਸ ਦੀ ਸੰਭਾਲ ਕਰ ਰਿਹਾ ਹੈ।

**Lines 21-22:** ਜੋ ਕੁਝ ਉਸ ਪ੍ਰਭੂ ਨੂੰ ਭਾਵਦਾ ਹੈ, ਜਾਂ ਚੰਗਾ ਲੱਗਦਾ ਹੈ, ਉਹੀ ਉਹ ਕਰਦਾ ਹੈ। ਕੋਈ ਜੀਵ ਉਸ ਦੇ ਅੱਗੇ ਉਸ ਬਾਰੇ ਕੋਈ ਬਦਲੀ ਨਹੀਂ ਕਰ ਸਕਦਾ, ਜਾਂ ਹੈਂਕੜ ਨਹੀਂ ਵਿਖਾ ਸਕਦਾ। ਉਹ ਪ੍ਰਭੂ ਸਾਰੇ ਜਗਤ ਦਾ ਪਾਤਿਸ਼ਾਹ ਹੈ, ਅਤੇ ਪਾਤਿਸ਼ਾਹਾਂ ਦਾ ਭੀ ਪਾਤਿਸ਼ਾਹ ਹੈ। ਹੇ ਨਾਨਕ! ਸਭ ਜੀਵਾਂ ਨੂੰ ਉਸ ਦੀ ਰਜ਼ਾ ਵਿਚ ਰਹਿਣਾ ਹੀ ਫਬਦਾ ਹੈ॥

## English Rendition

**Lines 12-14:** The valuable gems of Thy Creation, the sixty eight (Hindu) places of pilgrimage, the most powerful supreme warriors, life from the 4 sources of birth (Egg- birds, Placenta - mammals, Dampness - insects, and Earth – trees and vegetation) all sing Thy praises, as do the continents, worlds, universes of Thy creation and constant care.

**Lines 15-16:** The holy and devoted pious persons, absorbed in You, sing Your praises. Satguru Nanak says that many others, whose numbers cannot be recollected or all counted, sing Your praises.

**Lines 17-18:** Waheguru is True, His Naam is True, He is and will ever be True to eternity. God the Creator exists and will exist to eternity, beyond the Creation.

**Lines 19-20:** Waheguru who created Maya, who has arranged the play of His Creation of numerous life forms and colours, in His grandeur beholds and enjoys His designs in eternal glory.

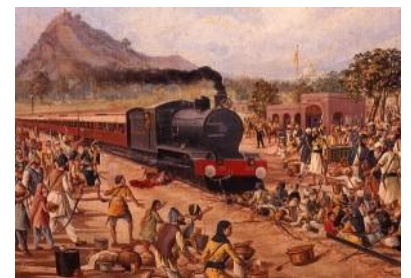
**Lines 21-22:** Waheguru is the All-Powerful King of Kings who acts in accordance with His own Will, and who is subject to no other command. Satguru Nanak says all beings should live in conformity with His Will.

Last month we saw how the peaceful Sikh protestors, over their right to obtain firewood from the trees in the wood within the Gurdwara grounds at Gurdwara Guru ka Bagh, were mercilessly assaulted by the police, tried summarily at Amritsar and jailed. As the news of police atrocity spread, the number of volunteers who came forward to protest, and take the beating, increased. The prisoners were kept in the Gobindgarh Fort at Amritsar for a few days, and when the numbers were sufficient to fill a train load, were despatched to distant jails such as Multan and Mianwali. Saka Panja Sahib is the most courageous event of martyrdom for a just cause, that took place during one such train journey. The train started on 29 October from Amritsar, bound for Attock Fort. It was due to arrive at Hasan Abdal railway station, close to the sacred shrine of Panja Sahib on 30 October 1922.



Similar trains carrying the injured and hungry had been stopped at other places, such as Jehlum, for the detainees to be fed. The Sikhs at Panja Sahib wanted to extend the same hospitality to the maltreated Sikhs in this train, and brought specially prepared food for them to the station. The government officials who were intent on punishing the innocent Sikhs, came to know about the food plan, and issued instructions that the train was not to halt at the Hasan Abdal station. Bhai Karam Singh and Bhai Partap Singh pleaded on behalf of the Sikhs to be allowed to feed the suffering detainees but their pleadings were not accepted. The station master repeatedly expressed his 'helplessness' in the face of the instruction given to him.

When finally, the approaching train could be heard in the distance, the signals were lowered. There was no time for further pleading or reasoned argument. Bhai Karam Singh and Bhai Pratap Singh sat cross-legged in the middle of the railway track determined to stop the train. They were joined by several others, men and women, including the wife of Bhai Partap Singh.



The train driver whistled and steamed on, but the Sikhs did not move. As it came to a screeching halt, it had run over eleven of the protestors on the track. The rest of the sangat rushed forward to pull out the injured. Though badly mangled but still conscious, Bhai Karam Singh and Bhai Pratap Singh told the rescuers not to move them, to prevent the train from moving on, but first to serve food to the prisoners.

The injured were brought to the Gurdwara Panja Sahib and given medical attention. Bhai Karam Singh and Bhai Pratap Singh were too seriously injured to be saved and they died the next day on 31 October 1922. Their bodies were taken to Rawalpindi on 1 November and cremated there on the banks of the Lai stream.

*Source: The Encyclopedia of Sikhism Ed-in-Chief Harbans Singh. Adapted.*

The Sidh Gosht bani is a dialogue which Guru Nanak initiated with the yogis, after he went up the mountain to see them. They ask some quite fundamental questions about Guru Nanak's spirituality. Charpat yogi asks Guru Nanak how can the sea of life which is full with grave danger, be crossed.

Guru ji replies that one should live in the world like a Lotus flower. The roots of the Lotus flower are in the water, but the blossom is always above the water level. Similarly, the duck lives in the water, but always flies out with dry wings. So should our minds be detached from worldly objects and persons, but firmly attached to the Lord. We should at the same time be actively present in the world; in this way we can cross the great ocean of life.



Loharipa yogi, argues that one should leave towns and highways and retreat to forests, and one should eat roots and wild fruits. Also, he says, for purification one should visit places of pilgrimage. Guru ji said there is nothing wrong with living in urban areas, provided one is in contentment, and remains attached to the Lord's Name. What is required is not physical distance, but freedom from the temptation of the mind.

Loharipa then said a yogi should put on a patched coat, wear earrings and carry a beggar's bowl, his is the best system. Guru ji answers that meditation on the Word is the best system. The Word within is the wearing of earrings, seeing God in all is putting on a patched coat and carrying a beggar's bowl. The true Lord can make man free.

Another yogi questions why Guru Nanak left his home and wander like a hermit, what was he seeking. Guru ji answers he trades Truth and sets free his companions through the grace of the Lord. Still another yogi asks: what is the source of life, which period His system belongs to and who is his guru? Who are his disciples? What teaching keeps him in detachment?

Guru Nanak answers that life originated from air. His system is the path of the true Guru. And the real form of the true Guru is the Word, while the true form of the disciple is the Soul. What keeps him detached is meditation on the Lord. God becomes manifest to him through the Word. The flames of desire are extinguished by the saints.

A yogi asks more questions. How can steel be chewed with wax teeth? What food can cure ego? In what cave can peace of mind be found? What is pervading everywhere, with which mind should be united? What is that form on which the mind should contemplate?

Guru ji answers: eliminate your ego from within yourself. Realise there is no-one other than God. The Word is, no doubt hard as steel for the stubborn and self-willed people, but through the power of the word, it can be digested. Both outside and within yourself seek the knowledge of God. You will die only once to live forever.

The yogi further asked where does the word abide? Guru ji answers that the word abides within and one has to attune oneself to it. Once this is attained, one becomes all-wise and all-seeing; eventually merges into the Lord Himself. When the Word has been realised within, it is seen pervading the entire universe, like air. In other words, the Lord abides in all.



The God-realisation transcends the world of multiplicity and duality into that of unity. The God realised person has realised the infinite Lord, and has stilled his mind. He has known the path of God-realisation and knows that the Lord is beyond all.

The yogis ask more questions: where does mind abide? Where does the vital breath abide? And where does the word abide, which can end the talk of the mind? Guru ji answers, the grace of the Lord leads one to a true guru, who enables the mind to reach its home where one's ego is controlled and the mind becomes motionless.

The yogis further ask how one can know the Lord and his own self, Guru ji answers with the grace of the Guru, one is able to get rid of ego and attain the state of Sahaj; the mind becomes motionless, the Lord is realised and the Word permeates the mind and soul. The Word is within, when the power of the Word has been awakened, the knowledge of the three worlds is gained. When the longing for the Lord in one's heart is aroused, the heart is filled with love for the Lord and the attachment to the world ends.

Continuing, the yogis question: If there had been no physical body, how would one have known the Lord? Guru ji said, had there been no body and no heart, mind would have abided in Sunn (the void) in a detached state.

The yogis ask how the world came into existence and how suffering can be ended? Guru Nanak answers that the world comes into being through the ego, and suffering is born when the Word is forsaken. But there are rare ones who practice the Word, their suffering ends and are united with the Lord.

We remember Guru Nanak Dev ji's *Jyoti Jot* at Kartarpur Sahib, on 22 September.

॥ ॐ ॥ WAHEGURU JI KA KHALSA WAHEGURU JI KI FATEH ॥ ॐ ॥

**ਗੁਰੂ ਅਮਰਦਾਸ ਜੀ**

**(੧੪੭੯ - ੧੫੭੮)**

*Jagtar Singh Thethi*

ਗੁਰੂ ਅਮਰਦਾਸ ਜੀ ਦਾ ਜਨਮ ੧੪ ਮਈ ੧੪੭੯ ਨੂੰ ਪਿੰਡ ਬਾਸਰਕੇ, ਜ਼ਿਲਾ ਅੰਮ੍ਰਿਤਸਰ ਵਿਚ ਹੋਇਆ। ਆਪ ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਤੋਂ ਕੇਵਲ ੧੦ ਸਾਲ ਛੋਟੇ ਸਨ। ਲੰਮਾ ਸਮਾਂ ਪਿੰਡ ਵਿਚ ਹੀ ਰਹੇ ਤੇ ਦਰਿਆਈ ਰੇਸ਼ਮ ਦਾ ਬਿਉਪਾਰ ਕਰਦੇ ਸਨ।

ਧਾਰਮਿਕ ਰੁਚੀ ਸੀ, ਗੰਗਾ ਆਦਿ ਤੀਰਥਾਂ ਤੇ ਜਾ ਕੇ ਇਸ਼ਨਾਨ ਕਰਿਆ ਕਰਦੇ ਸਨ। ਜਦ ਵੀਹਵੀਂ ਵਾਰੀ ਗੰਗਾ ਇਸ਼ਨਾਨ ਤੇ ਗਏ ਤਾਂ ਕਿਸੇ ਨੇ ਮੇਹਣਾ ਮਾਰਿਆ ਕਿ ਆਪ ਨਿਗੁਰੇ ਹੋ। ਇਹਨਾ ਦੇ ਮਨ ਨੂੰ ਚੋਟ ਲੱਗੀ ਤੇ ਪੂਰਨ ਗੁਰੂ ਦੀ ਭਾਲ ਕਰਨ ਲੱਗੇ। ਆਖਰ ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਦੇ ਉਤਰਾਧਿਕਾਰੀ ਗੁਰੂ ਅੰਗਦ ਦੇਵ ਜੀ ਨੂੰ ਮਿਲਣ ਖਡੂਰ ਸਾਹਿਬ, ਬੀਬੀ ਅਮਰੋ ਨਾਲ ਗਏ। ਨਿਸਚਾ ਬੱਝ ਗਿਆ ਤੇ ਓਥੇ ਹੀ ਰਹਿ ਕੇ ਸੇਵਾ ਕਰਨ ਲੱਗੇ।

ਸੰਨ ੧੫੪੧ ਤੋਂ ੧੫੫੨ ਤਕ ਖਡੂਰ ਸਾਹਿਬ ਰਹੇ। ਗਿਆਰਾਂ ਸਾਲ ਮਨ ਚਿੱਤ ਲਾਕੇ ਸੇਵਾ ਕੀਤੀ। ਅੱਧੀ ਰਾਤ ਗਏ ਜਾਗਦੇ ਤੇ ਦਰਿਆ ਬਿਆਸ ਤੋਂ ਪਾਣੀ ਦੀ ਗਾਗਰ ਭਰ ਕੇ ਲਿਆਉਂਦੇ ਤੇ ਗੁਰੂ ਅੰਗਦ ਦੇਵ ਜੀ ਨੂੰ ਇਸ਼ਨਾਨ ਕਰਾਉਂਦੇ। ਫਿਰ ਲੰਗਰ ਵਿਚ ਸੇਵਾ ਕਰਦੇ। ਸੰਨ ੧੫੫੨ ਵਿਚ ਜਨਵਰੀ ਦੇ ਮਹੀਨੇ ਵਿਚ ਮੀਂਹ ਪੈ ਰਿਹਾ ਸੀ, ਠੰਡ ਦਾ ਭੀ ਜ਼ੋਰ ਸੀ, ਤਾਂ ਪਾਣੀ ਦਾ ਘੜਾ ਚੱਕੀ ਆਓਂਦੇ, ਜੁਲਾਹੇ ਦੀ ਖੱਡੀ ਵਿਚ ਡਿੱਗ ਪਏ ਪਰ ਘੜੇ ਨੂੰ ਸੰਭਾਲ ਲਿਆ, ਤੇ ਜਾਕੇ ਗੁਰੂ ਜੀ ਨੂੰ ਇਸ਼ਨਾਨ ਕਰਵਾਇਆ। ਜੁਲਾਹੀ ਨੇ ਕੁਝ ਕੱਢੇ ਬੇਲ-ਕੁਬੇਲ ਕੀਤੇ। ਜਦ ਗੁਰੂ ਅੰਗਦ ਦੇਵ ਨੂੰ ਪਤਾ ਲੱਗਾ ਤਾਂ ਓਹਨਾ ਨੇ ਗੁਰੂ ਗੱਦੀ ਇਹਨਾਂ ਨੂੰ ਦੇਣ ਦਾ ਫੈਸਲਾ ਕਰ ਲਿਆ। ਮਾਰਚ ੧੫੫੨ ਵਿਚ ਗੁਰੂ ਅੰਗਦ ਜੀ ਨੇ ਪੰਜ ਪੈਸੇ ਤੇ ਨਾਰੀਅਲ ਰੱਖ ਕੇ ਮੱਥਾ ਟੇਕਿਆ ਤੇ ਸੰਘਾਸਨ ਤੇ ਬਿਠਾ ਦਿੱਤਾ।



"ਲਿਹਿਣੇ ਪਾਈ ਨਾਨਕੋਂ, ਦੇਣੀ ਅਮਰ ਦਾਸਿ ਘਰ ਆਈ।  
ਗੁਰ ਬੈਠਾ ਅਮਰ ਸਰੂਪ ਹੋ, ਗੁਰਮੁਖਿ ਪਾਈ ਦਾਤ ਇਲਾਹੀ।  
ਫੇਰ ਵਸਾਇਆ ਗੋਇੰਦਵਾਲ, ਅਚਰਜ ਖੇਲ ਨਾ ਲਿਖਿਆ ਜਾਈ।  
ਦਾਤਿ ਜੋਤਿ ਖਸਮੈ ਵਡਿਆਈ।"

*Bhai Gurdas*

ਇਸ ਤਰ੍ਹਾਂ ਬਾਬਾ ਅਮਰ ਦਾਸ, ਗੁਰੂ ਅਮਰ ਦਾਸ ਬਣ ਕੇ ਗੁਰੂ ਅੰਗਦ ਅਤੇ ਗੁਰੂ ਨਾਨਕ ਦੇ ਹੀ ਰੂਪ ਹੋ ਗਏ। ਇਹਨਾਂ ਨੇ ਆਪਣਾ ਪੱਕਾ ਡੇਰਾ ਗੋਇੰਦਵਾਲ ਹੀ ਕਰ ਲਿਆ। ਗੋਇੰਦਵਾਲ ਸਾਹਿਬ ਵਿਖੇ ਰੈਂਟਕਾਂ ਲੱਗ ਗਈਆਂ। ਸਵੇਰ ਤੋਂ ਸ਼ਾਮ ਤਕ ਕੀਰਤਨ, ਕਥਾ ਵਿਚਾਰ, ਪਾਠ ਤੇ ਲੰਗਰ ਹੋਣ ਲੱਗੇ। ਜਾਤ-ਪਾਤ ਦਾ ਭੇਦ ਮਿਟਾਉਣ ਲਈ ਹੁਕਮ ਕੀਤਾ 'ਜਿਸ ਕਿਸੇ ਨੇ ਦਰਸ਼ਨ ਕਰਨੇ ਹਨ, ਪਹਿਲਾਂ ਪੰਗਤ ਵਿਚ ਬੈਠ ਕੇ ਲੰਗਰ ਛਕੇ ਤੇ ਫਿਰ ਦਰਸ਼ਨ ਕਰੇ।'

### ਸਿੱਖੀ ਦੇ ਵਾਦੇ ਲਈ ਗੁਰੂ ਸਾਹਿਬ ਦੇ ਯਤਨ:

੧. ਬਾਉਲੀ ਸਾਹਿਬ ਦੀ ਸਥਾਪਨਾ ੧੫੫੮ ਵਿਚ ਕੀਤੀ। ਗੁਰੂ ਜੀ ਦੇ ਵਧਦੇ ਪਰਤਾਪ ਤੋਂ ਗੋਇੰਦਵਾਲ ਦੇ ਸਨਾਤਨੀ ਤੇ ਸ਼ੇਖ ਤੇ ਗੋਂਦੇ ਮਰਵਾਹੇ ਦਾ ਪੁੱਤਰ ਬੜੀ ਈਰਖਾ ਕਰਦੇ ਸਨ। ਇਹਨਾਂ ਨੇ ਪਹਿਲੇ ਲਾਹੌਰ ਦੇ ਹਾਕਮ ਪਾਸ ਸ਼ਿਕਾਇਤ ਕੀਤੀ। ਉਸ ਨੇ ਜਾਂਚ ਕਰਵਾਈ ਤਾਂ ਸ਼ਿਕਾਇਤ ਝੂਟੀ ਸਾਬਤ ਹੋਈ, ਤੇ ਹਾਕਮ ਖਵਾਜਾ ਖਾਨ ਨੇ ਦਾਹਵਾ ਖਾਰਜ ਕਰ ਦਿੱਤਾ।

ਫਿਰ ਵਿਰੋਧੀਆਂ ਨੇ ਸਰਵਾਹੇ ਦੇ ਪੁੱਤਰ ਤੇ ਇਕ ਨੌਕਰ ਨੂੰ ਦਿੱਲੀ ਅਕਬਰ ਬਾਦਸ਼ਾਹ ਪਾਸ ਭੇਜਿਆ। ਅਕਬਰ ਦੇ ਪੁੱਛਣ ਤੇ ਅਹਿਲਕਾਰਾਂ ਨੇ ਦੱਸਿਆ ਕਿ ਲਾਹੌਰ ਦਾ ਹਾਕਮ ਆਪ ਗੋਇੰਦਵਾਲ ਜਾ ਕੇ ਸਾਰੀ ਤਹਿਕੀਕਾਤ ਕਰ ਆਇਆ ਹੈ। ਖੁਫੀਆ ਰਿਪੋਰਟਾਂ ਭੀ ਦੱਸਦੀਆਂ ਹਨ ਕਿ ਗੁਰੂ ਅਮਰ ਦਾਸ ਬੜੇ ਖੁਦਾ ਪਰਸਤ, ਪਰਹੇਜ਼ਗਾਰ, ਸੁਲਹ ਕੁਲ ਤੇ ਇਨਸਾਨ ਦੋਸਤ ਹਨ। ਬਿਨਾ ਵਿਤਕਰੇ ਤੋਂ ਹਰ ਇਕ ਨੂੰ ਓਹੀ ਲੰਗਰ ਮਿਲਦਾ ਹੈ। ਅਕਬਰ ਨੇ ਭੀ ਇਹ ਦ੍ਰਾਵਾ ਖਾਰਜ ਕਰ ਦਿੱਤਾ।

੨. ਉਦਾਸੀ ਮੱਤ ਨਾਲੋਂ ਸਿੱਖਾਂ ਨੂੰ ਜੁਦਾ ਕੀਤਾ। ਗੁਰੂ ਜੀ ਨੇ ਸਿੱਖਾਂ ਨੂੰ ਉਪਦੇਸ਼ ਕੀਤਾ ਕਿ ਗ੍ਰਿਹਸਤ ਦੇ ਫਰਜ਼ ਨਿਭਾਉਂਦਿਆਂ ਉਦਾਸ ਬਿਰਤੀ ਰੱਖਣੀ ਤੇ ਮਾਇਆ ਦੀ ਪਕੜ ਵਿਚ ਨਹੀਂ ਆਉਣਾ।

੩. ਵੱਖਰੀ ਮਰਯਾਦਾ ਦਾ ਪ੍ਰਚਾਰ:- ਤੀਰਥਾਂ ਦੀ ਯਾਤਰਾ ਤੋਂ ਸਿੱਖਾਂ ਨੂੰ ਹਟਾਇਆ। ਗੁਰੂ ਜੀ ਨੇ ਕਿਹਾ, ਨਾਮ ਜਪੇ, ਲੇੜਵੰਦਾਂ ਦੀ ਸਹਾਇਤਾ ਕਰੇ, ਸੰਤਾਂ ਦੀ ਸੰਗਤ ਕਰੇ, ਕਿਰਤ ਕਰੇ, ਵੰਡ ਛਕੇ, ਬਾਣੀ ਪੜ੍ਹੇ। ਵਾਹਿਗੁਰੂ ਤੋਂ ਬਿਨਾ ਹੋਰ ਕਿਸੇ ਵੱਲ ਧਿਆਨ ਨਾ ਕਰੇ।

੪. ਸਤੀ ਦੀ ਰਸਮ ਦਾ ਵਿਰੋਧ ਕੀਤਾ।

੫. ਗੁਰੂ ਜੀ ਨੇ ੨੨ ਮੰਜੀਆਂ ਸਥਾਪਿਤ ਕੀਤੀਆਂ ਤੇ ਸਿੱਖੀ ਦੇ ਪ੍ਰਚਾਰ ਲਈ ਸਿੱਖਾਂ ਨੂੰ ਬਾਹਰ ਭੇਜਿਆ। ੫੨ ਪੀੜੇ ਸਥਾਪਿਤ ਕੀਤੇ। ਇਹਨਾਂ ਵਿਚ ਔਰਤਾਂ ਭੀ ਸਨ ਤੇ ਕਪੂਰਥਲੇ ਦਾ ਇਕ ਪਠਾਣ ਅੱਲ੍ਹਾ ਯਾਰ ਖਾਂ ਭੀ ਸੀ।

੬. ਪਰਦੇ ਦੀ ਵਰੋਧਤਾ ਕੀਤੀ ਤੇ ਇਸ ਨੂੰ ਗੁਲਾਮੀ ਦੀ ਨਸ਼ਾਨੀ ਦੱਸਿਆ।

੭. ਜਜ਼ੀਆ ਤੇ ਯਾਤਰੂ ਟੈਕਸ ਹਟਾਉਣ ਦੇ ਜਤਨ ਕੀਤੇ।

੮. ਸ੍ਰੀ ਅੰਮ੍ਰਿਤਸਰ ਦੀ ਸਥਾਪਨਾ ਵਾਸਤੇ ਹੁਕਮ ਕੀਤਾ ਤੇ ਰਾਮ ਦਾਸ ਜੀ ਨੂੰ ਆਗਿਆ ਦਿੱਤੀ ਕਿ ਅੰਮ੍ਰਿਤਸਰ ਸ਼ਹਿਰ ਦੀ ਨੀਂਹ ਰੱਖੀ ਜਾਏ। ਹੁਕਮ ਕੀਤਾ ਜਿਥੇ ਨੀਵੀਂ ਥਾਂ ਹੈ ਉੱਥੇ ਤਾਲ ਪਟਵਾਕੇ ਸ੍ਰੀ ਅੰਮ੍ਰਿਤਸਰ ਦੀ ਸਾਜਨਾ ਕਰੇ।

੯. ਬੈਸਾਖੀ ਵਾਲੇ ਦਿਨ ਸਾਰੇ ਸਿੱਖਾਂ ਨੂੰ ਇਕੱਠੇ ਹੋਣ ਦਾ ਹੁਕਮ ਦਿੱਤਾ, ਜਿਥੇ ਕਿ ਵਿਚਾਰ ਕੀਤੀਆਂ ਜਾਣ ਤੇ ਪ੍ਰੋਗਰਾਮ ਓਲਿਕੇ ਜਾਣ। ਇਸ ਦਿਨ ਹੀ ਖਾਲਸਾ ਸਾਜਿਆ ਗਿਆ।

੧੦. ਗੁਰ ਗੱਦੀ ਦੇਣ ਦੀ ਮਰਯਾਦਾ ਓਹੀ ਰੱਖੀ ਭਾਵ - "ਜੇ ਘਾਲਹਿ ਸੇ ਪਾਵੇ" ਦਾ ਅਸੂਲ ਜਾਰੀ ਰੱਖਿਆ। ਯੋਗ ਹੱਥਾਂ ਵਿਚ ਗੁਰ ਗੱਦੀ ਦਿੱਤੀ। ਇਹ ਪਰਵਾਹ ਨਹੀਂ ਕੀਤੀ ਕਿ ਵੱਡਾ ਮੋਹਨ ਹੈ ਜਾਂ ਮੋਹਰੀ ਜੀ ਲਾਡਲੇ ਹਨ। ਪਰਖ ਕਰਕੇ ਰਾਮ ਦਾਸ ਜੀ ਨੂੰ ਗੁਰ ਗੱਦੀ ਦੀ ਜ਼ਿੰਮੇਵਾਰੀ ਬਖਸ਼ੀ।

ਅੰਤ ੧ ਸਤੰਬਰ ੧੫੭੮ ਨੂੰ ੯੫ ਸਾਲ ਦੀ ਉਮਰ ਵਿਚ ਜੋਤੀ ਜੋਤਿ ਸਮਾਏ।

ਬਾਣੀ: ਆਨੰਦ ਸਾਹਿਬ - ਜੇ ਕਿ ਹਰ ਇਕ ਸਮਾਗਮ ਪੜਿਆ ਜਾਂਦਾ ਤੇ ਹੈ ਤੇ ਪੰਜ ਬਾਣੀਆਂ ਵਿੱਚੋਂ ਇਕ ਹੈ।

ਧਨ ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ ਵਿਚ ਇਹਨਾਂ ਦੇ ੮੬੯ ਸ਼ਬਦ ੧੭ ਰਾਗਾਂ ਵਿਚ ਅੰਕਤ ਹਨ।

ਹਮ ਰੁਲਤੇ ਫਿਰਤੇ ਕੋਈ ਬਾਤ ਨ ਪੂਛਤਾ,

ਗੁਰ ਸਤਿਗੁਰ ਸੰਗਿ ਕੀਰੇ ਹਮ ਥਾਪੇ। SGSS Ang 167 Gaurhi Bairagnh

ਗੁਰੂ ਰਾਮ ਦਾਸ ਜੀ (ਪਹਿਲਾ ਨਾਮ - ਜੇਠਾ ਜੀ) ਦਾ ਜਨਮ ਚੂਨਾ ਮੰਡੀ ਲਾਹੌਰ ਵਿਖੇ ਹੋਇਆ।

ਬਚਪਨ ਵਿਚ ਹੀ ਮਾਤਾ ਅਨੂਪੀ ਜੀ ਤੇ ਪਿਤਾ ਹਰਿ ਦਾਸ ਜੀ ਚਲਾਣਾ ਕਰ ਗਏ। ਨਾਨੀ ਇਹਨਾਂ ਨੂੰ ਆਪਣੇ ਪਾਸ ਬਾਸਰਕੇ ਲੈ ਆਈ। ਪੰਜ ਸਾਲ ਉੱਥੇ ਰਹਿ ਕੇ ਆਪ ਗੋਇੰਦਵਾਲ ਚਲੇ ਗਏ ਤੇ ਘੁੰਗਣੀਆਂ ਵੇਚ ਕੇ ਗੁਜ਼ਾਰਾ ਕਰਨ ਲੱਗੇ। ਗੁਰੂ ਅਮਰਦਾਸ ਜੀ ਨਾਲ ੧੫੫੨ ਵਿਚ ਮੇਲ ਜੋਲ ਹੋਇਆ ਤਾਂ ਇਹਨਾਂ ਦੇ ਮਿੱਠੇ ਸੁਭਾ ਨੇ ਗੁਰੂ ਜੀ ਨੂੰ ਪ੍ਰਭਾਵਿਤ ਕੀਤਾ। ਓਹਨਾ ਨੇ ਆਪਣੀ ਛੋਟੀ ਬੇਟੀ, ਬੀਬੀ ਭਾਨੀ ਦਾ ਵਿਆਹ ਇਹਨਾਂ ਨਾਲ ਕਰ ਦਿੱਤਾ। ਓਹਨਾ ਦਿਨਾਂ ਵਿਚ ਬਾਉਲੀ ਸਾਹਿਬ ਦੀ ਸੇਵਾ ਚਲ ਰਹੀ ਸੀ। ਆਪ ਉੱਥੇ ਸੇਵਾ ਕਰਨ ਲਗੇ। ਭਾਂਵੇ ਜੁਆਈ ਸਨ -



‘ਸਾਕ ਨ ਜਾਤਾ, ਹਿਰਦੇ ਰੱਖਿਆ ਸੇਵਕੀ ਭਾਉ।’ Bhai Gurdas

ਸੰਨ ੧੫੫੬ ਨੂੰ ਅਕਬਰ ਬਾਦਸ਼ਾਹ ਗੁਰੂ ਅਮਰ ਦਾਸ ਜੀ ਦੇ ਦਰਬਾਰ ਵਿਚ ਆਇਆ ਤੇ ਬੀਬੀ ਭਾਨੀ ਦੇ ਨਾ ਝਬਾਲ ਦੇ ਪਰਗਟੇ ਦੀ ਜ਼ਮੀਨ ਲਗਾ ਗਿਆ। ਕੁਝ ਲੋਕਾਂ ਦਾ ਵੀਚਾਰ ਹੈ ਕਿ ਇਹ ਜ਼ਮੀਨ ਤੁੰਗ ਦੇ ਜ਼ਿਮੀਂਦਾਰਾਂ ਪਾਸੋਂ ੭੦੦ ਰੁਪਏ ਦੀ ਖਰੀਦੀ ਸੀ। ਗੁਰੂ ਅਮਰ ਦਾਸ ਜੀ ਨੇ ਇਥੇ ਇਕ ਨਵਾਂ ਤੀਰਥ ਅਸਥਾਨ ਤੇ ਨੇਵਾਂ ਨਗਰ ਵਸਾਉਣ ਦੀ ਆਗਿਆ ਕੀਤੀ। ਗੁਰੂ ਰਾਮ ਦਾਸ ਜੀ ਨੇ ਦੇਖ ਭਾਲ ਕਰ ਕੇ ਇਕ ਚੰਗਾ ਅਸਥਾਨ ਚੁਣਿਆ ਤੇ ਤਾਲ ਦੀ ਖੁਦਾਈ ਕੀਤੀ। ਪਿੱਛੋਂ ਇਸ ਤਾਲ ਨੂੰ ਗੁਰੂ ਅਰਜਨ ਨੇ ਪਕਿਆ ਕਰਵਾਇਆ ਤੇ ਵਿਚਕਾਰ ਸ੍ਰੀ ਹਰਿਮੰਦਿਰ ਸਾਹਿਬ ਦੀ ਸਥਾਪਨਾ ਕੀਤੀ। ਗੁਰੂ ਰਾਮ ਦਾਸ ਜੀ ਨੇ ਸਾਰੇ ਕੰਮ ਕਾਰ ਵਿਚ ਹੱਥੀ ਬਹੁਤ ਸੇਵਾ ਕੀਤੀ। “ਛੀ ਵਰ੍ਹੇ ਮੁੰਡਾਸਾ ਸਿਰ ਉੱਤੇ ਨਹੀਂ ਲਾਇਆ।” ਇਤਨੀ ਘਾਲ ਘਾਲੀ ਕਿ ਓਹਨਾ ਸਤਿਗੁਰੂ ਦੇ ਚਰਨਾਂ ਵਿਚ ਆਪਾ ਲੀਨ ਕਰ ਦਿੱਤਾ। ਲੋਕ ਲਾਜ ਛੱਡ ਸੇਵਾ ਕੀਤੀ। ਆਗਿਆ ਤੇ ਰਜਾ ਵਿਚ ਰਹੇ। ਕਦੇ ਭੀ ਗੁਰੂ ਸਾਹਿਬ ਦੇ ਕਿਸੇ ਹੁਕਮ ਤੇ ਕਿੰਤੂ ਨਾ ਕੀਤਾ। ਗੁਰੂ ਅਮਰ ਦਾਸ ਨੇ ੨ ਥੱਡੇ ਬਣਵਾ ਕੇ ਬੀਬੀ ਭਾਨੀ ਦੇ ਪਤੀ ਭਾਈ ਰਾਮਾ ਤੇ ਭਾਈ ਜੇਠਾ ਜੀ ਦੀ ਪਰੀਖਿਆ ਲਈ ਤਾਂ ਜੇਠਾ ਜੀ ਵਿਚ ਬਹੁਤ ਨਿਮਰਤਾ ਤੇ ਬਹੁਤ ਠੰਡਾ ਸੁਭਾ ਪਾਇਆ।

ਸੰਨ ੧੫੭੪ ਵਿਚ ਭਾਈ ਜੇਠਾ ਗੁਰ ਗੱਦੀ ਤੇ ਬੈਠੇ ਤੇ ਗੋਇੰਦਵਾਲ ਛੱਡ ਕੇ ਅੰਮ੍ਰਿਤਸਰ ਆ ਗਏ। ਸਾਰਾ ਧਿਆਨ ਆਪ ਨੇ ਸ਼ਹਿਰ ਵਸਾਉਣ ਵੱਲ ਦਿੱਤਾ। ਇਸ ਨੂੰ ਇਕ ਤਜਾਰਤੀ ਸ਼ਹਿਰ ਬਣਾਉਣ ਲਈ ਵੱਖ ਵੱਖ ਕੀਤੀਆਂ ਤੇ ਪੇਸ਼ਿਆਂ ਵਾਲੇ ਲੋਕਾਂ ਨੂੰ ਪ੍ਰੇਰ ਕੇ ਵਸਾਇਆ। ਤਾਲਾਬ ਨੂੰ ਵੱਡਾ ਕੀਤਾ ਤੇ ਅੰਮ੍ਰਿਤਸਰ ਨਾਮ ਰੱਖਿਆ। ਅਕਬਰ ਨੇ ਹੁਕਮ ਕੀਤਾ ਕਿ ੫੦੦ ਬੀਘਾ ਜ਼ਮੀਨ ਇਲਾਕੇ ਦੇ ਪਿੰਡਾਂ ਵਿੱਚੋਂ ਚਕ-ਬੰਦੀ ਕਰਕੇ ਨਾ ਲਗਾਈ ਜਾਵੇ। ਦੇਖਦੇ ਹੀ ਦੇਖਦੇ ਅਕਾਲ ਪੁਰਖ ਦੀ ਕਿਰਪਾ ਨਾਲ ਬਹੁਤ ਆਬਾਦੀ ਹੋ ਗਈ।

ਬਾਬਾ ਬੁੱਢਾ ਜੀ, ਭਾਈ ਬਹਿਲੇ ਤੇ ਹੋਰ ਸਿੱਖਾਂ ਨੇ ਵੱਖ ਵੱਖ ਕੰਮ ਕਰਨ ਵਾਲੇ ਲੋਕਾਂ ਨੂੰ ਉੱਥੇ ਵਸਣ ਲਈ ਕਿਹਾ। ਛੇਤੀ ਹੀ ੫੨ ਕਿਸਮ ਦਾ ਕੰਮ ਕਰਨ ਵਾਲੇ ਲੋਕ ਉੱਥੇ ਵੱਸ ਗਏ। ਗੁਰੂ ਜੀ ਨੇ ਵਪਾਰੀਆਂ ਤੇ ਦੁਕਾਨਦਾਰਾਂ ਨੂੰ ਹਰ ਕਿਸਮ ਦੀ ਸਹਾਇਤਾ ਦਿੱਤੀ। ਭਾਈ ਭਗਤੂ ਤੇ ਭਾਈ ਬਹਿਲੇ ਨੇ ਦਿਨ ਰਾਤ ਇਕ ਕਰਕੇ ਬਾਜ਼ਾਰ ਉਸਾਰੇ। ਉਘੇ ਵਪਾਰੀਆਂ ਨੂੰ ਇੱਥੇ ਵਸਣ ਲਈ ਪ੍ਰੇਰਿਆ। ਇਹ ਸ਼ਹਿਰ ਵਸਾਉਣ ਨਾਲ ਗੁਰੂ ਜੀ ਦੇ ਸਿਧਾਂਤ ਕਿ **ਧਰਮ ਸੰਸਾਰ ਦੇ ਕਾਰੋਬਾਰ ਕਰਦਿਆਂ ਭੀ ਕਾਇਮ ਰੱਖਿਆ ਜਾ ਸਕਦਾ ਹੈ** ਸਿੱਧ ਹੋ ਗਏ। ਸਿੱਖਾਂ ਨੇ ਬਿਉਪਾਰ ਕਰਨਾ ਸ਼ੁਰੂ ਕਰ ਦਿੱਤਾ ਤਾਂ ਆਰਥਕ ਪੱਖੋਂ ਭੀ ਮਜ਼ਬੂਤ ਹੋ ਗਏ। ਗੁਰੂ ਜੀ ਨੇ ਸਿੱਖਾਂ ਨੂੰ ਬਾਣੀ ਪੜ੍ਹਨ, ਸਮਝਣ, ਤੇ ਉਸਦਾ ਸਤਿਕਾਰ ਕਰਨ ਦੀ ਹਦਾਇਤ ਕੀਤੀ। ਓਹਨਾ ਦਾ ਕਹਿਣਾ ਸੀ “ਬਾਣੀ ਗੁਰੂ, ਗੁਰੂ ਹੈ ਬਾਣੀ ਵਿਚ ਬਾਣੀ ਅੰਮ੍ਰਿਤ ਸਾਰੇ।”

ਆਪ ਜੀ ਨੇ ਤਕਰੀਬਨ ਸਾਡੇ ਸਤ ਸਾਲ ਗੱਦੀ ਸੰਭਾਲੀ ਤੇ ਸਿੱਖੀ ਦੇ ਕੇਂਦਰ ਨੂੰ ਮਜ਼ਬੂਤ ਕੀਤਾ। ਅੰਤ ਸਤੰਬਰ ੧੫੮੧ ਨੂੰ ਗੁਰੂ ਗੱਦੀ ਆਪਣੇ ਛੋਟੇ ਬੇਟੇ ਅਰਜਨ ਦੇਵ ਜੀ ਨੂੰ ਦੇ ਕੇ ੪੬ ਸਾਲ ਦੀ ਉਮਰ ਵਿਚ ਜੋਤੀ ਜੋਤਿ ਸਮਾਏ।

ਗੁਰੂ ਰਾਮ ਦਾਸ ਜੀ ਦੇ ੩੦ ਰਾਗਾਂ ਵਿਚ ੬੩੮ ਸ਼ਬਦ ਧੰਨ ਸ੍ਰੀ ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ ਵਿਚ ਅੰਕਤ ਹਨ।

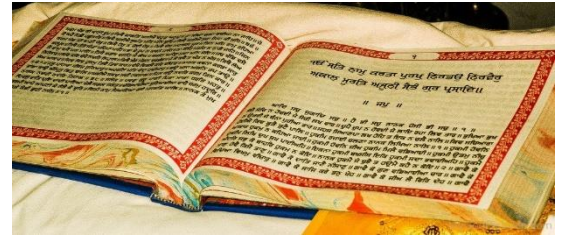
‘ਧੰਨ ਧੰਨ ਰਾਮ ਦਾਸ ਗੁਰੂ, ਜਿਨ ਸਿਰਿਆ ਤਿਨੈ ਸਵਾਰਿਆ।’

## The Sacred Scripture is the Abode of the Supreme Being

CharanjitAjit Singh

ਪੋਥੀ ਪਰਮੇਸਰ ਕਾ ਥਾਨ

Pothi Parmesar ka thaان



The installation of Guru Granth Sahib (known as Adi Granth till 1708) in Harmandar Sahib in 1604 by Guru Arjan Dev Ji, continues to be an inspiring and significant occasion for us Sikhs and for those all over the world who revere the scripture.

ਬਾਣੀ ਗੁਰੂ ਗੁਰੂ ਹੈ ਬਾਣੀ ਵਿਚਿ ਬਾਣੀ ਅੰਮ੍ਰਿਤੁ ਸਾਰੇ ॥ *SGGS Ang 982*

The sacred scripture is the Guru  
The Guru is the sacred scripture  
In the Scripture are all facets of immortality.

One can only visualise what a splendidly sacred and joyous event it would have been then! We can get a feel of it in some way when we see on our screens Guru Granth Sahib ji brought every early morning in a regal and reverential procession from Akal Takhat in the precincts of Harmandar Sahib, to the prayer hall, the Darbar Sahib.

I marvel at the creative genius of Guru Arjan who through his persuasive wisdom, managed to collect the celestial writings of the previous three Gurus from Mohan, the son of the third Guru, of his father Guru Ram Das and the hymns of earlier 12 selected Hindu and 3 Muslim *Bhagats* (saints) including Sheikh Farid, Kabir, Ravi Das, Dhanna, Namdev, Ramanand, Jai Dev, Trilochan, Beni, Pipa and Surdas, all of whom belonged to different times (12<sup>th</sup> to 15<sup>th</sup> centuries), sects and castes. Their beliefs that were in consonance with the Sikh Gurus' spiritual teachings, had a place in the scripture.

He wanted to preserve the original treasures, the writings of the first four Gurus, which were unfortunately being added to and even distorted by imposters. For the compilation to take place, he chose Ram Sar, a pleasant wooded area and appointed Bhai Gurdas as his key helper, known for his scholarship and for his scribing expertise in 1603. The Granth was beautifully put together with complete classification and bound.

Now, the Granth contains about 5894 hymns which include 2218 hymns of Guru Arjan himself and Guru Tegh Bahadur the ninth Guru, added by Guru Gobind Singh. On Bhadon Sudi 1<sup>st</sup> Samvat 1661 (1604), Guru Arjan asked the respected ninety-eight year old Baba Budha ji, a disciple since Guru Nanak's time and who had the honour to perform the anointing ceremony of





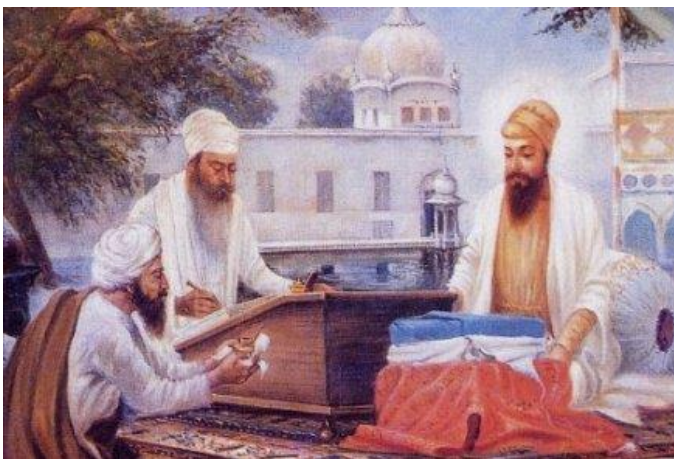
Guruship for four Gurus including Guru Arjan, to carry the Holy Granth upon his head to Harmandir Sahib with Guru Arjan himself, waiving the *chaur* behind as they walked in a procession of many disciples following behind. Bhai Budhaji became the first Granthi (priest in charge) who at the Parkash (opening of the scripture) found himself reading the following hymn:

ਸੰਤਾ ਕੇ ਕਾਰਜਿ ਆਪਿ ਖਲੋਇਆ ਹਰਿ ਕੰਮੁ ਕਰਾਵਣਿ ਆਇਆ ਰਾਮ ॥  
ਧਰਤਿ ਸੁਹਾਵੀ ਤਾਲੁ ਸੁਹਾਵਾ ਵਿਚਿ ਅੰਮ੍ਰਿਤੁ ਜਲੁ ਛਾਇਆ ਰਾਮ ॥ *SGGS Ang 783*

God stood with the saints in their work and came to help with the task.  
The earth is glorious, the pool is magnificent and there in is the holy water of  
immortality.

Mehma Prakash, an important Sikh source describes the Granth as 'the bridge of salvation in the dark age.'

Air Commodore Jasjit Singh (Retd) refers to the Guru Granth Sahib as 'an encyclopaedia in song. It is a compendium of philosophy in verse, a treasure of the music of saints.'



Dr Chhabra expands it further, 'Importance of the Granth lies in the fact that whereas we learn of the philosophy of Socrates only from Plato and Xenopher; of the philosophy of Christ from Matthew and John; where Buddha and Confucius have left no original record of their teachings; the philosophy of the Sikh Gurus is preserved in such secure and original form, and under the locks of poetical metres that it is well-nigh impossible to deform it.'

I would also like to quote the Nobel Laureate Pearl S. Buck in her Foreword to Dr Gopal Singh's translation of Sri Guru Granth Sahib, '...I have studied the scriptures of the great religions, but I do not find elsewhere the same power of appeal to the heart and mind as I find here in these volumes. They are compact in spite of their length, and are a revelation of the vast reach of the human heart, varying from the most noble concept of God, to the recognition and indeed the insistence upon the practical needs of the human body... Perhaps this sense of unity is the source of power I find in these volumes. They speak to a person of any religion or none.'

*Pearl S Buck*

Such reflections undoubtedly point to the fact that Sri Guru Granth Sahib ji could rightly be celebrated as the **first and indeed the only interfaith anthology in the world.**

Can Gurbani give answers to problems like depression, low self-esteem, bullying and other problems we face in these modern times?

The answer is **YES!**

We will be learning and understanding how gurbani guides us to take care of mental and physical ailments faced by different age groups in society today. This is an introductory article to be followed by a series of articles dealing with different issues.

One shabad that pops in my head right away is: **“ਸਰਬ ਰੋਗ ਕਾ ਅਉਖਦ ਨਾਮ।”** *SGGS Ang 274*

The literal translation of this would be that reciting Waheguru's name cures every ailment. In today's world we very actively see proofs of mindfulness and meditation helping people cure ailments. These are, in essence, glorified versions of Naam simran without the religious base of Sikhi.

To understand what Naam means in gurbani we need to first understand the spirituality behind it and what encompasses Naam.

To recite Naam from deep within the soul, first of all you need to be in a state of total submission to Waheguru; this automatically comes when you believe in the Sikh teachings:

**“Everything that happens in one's life is as per the Will (Hukam) of God.”**

When the submission comes, pains and pleasure of this world both do not have any profound effect upon our psyche.

**ਰਾਮਕਲੀ ਮਹਲਾ ੫ ॥**

**ਆਵਤ ਹਰਖ ਨ ਜਾਵਤ ਦੁਖਾ ਨਹ ਬਿਆਪੈ ਮਨ ਰੋਗਨੀ ॥** *SGGS Ang 883*

Coming does not please me, and going does not bring me pain, and so my mind is not afflicted by disease.

**ਸਦਾ ਅਨੰਦੁ ਗੁਰੁ ਪੂਰਾ ਪਾਇਆ ਤਉ ਉਤਰੀ ਸਗਲ ਬਿਓਗਨੀ ॥੧॥**

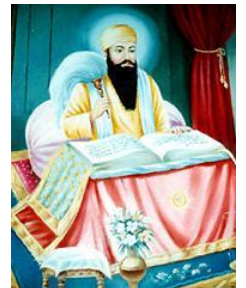
I am in bliss forever, for I have found the Perfect Guru; I am no longer separate from the Lord.

**ਇਹ ਬਿਧਿ ਹੈ ਮਨੁ ਜੋਗਨੀ ॥**

This is how I have united my mind with the Lord.

**ਮੇਹੁ ਸੋਗੁ ਰੋਗੁ ਲੋਗੁ ਨ ਬਿਆਪੈ ਤਹ ਹਰਿ ਹਰਿ ਹਰਿ ਰਸ ਭੋਗਨੀ ॥੧॥ ਰਹਾਉ ॥**

Attachment, sorrow, disease and public opinion do not affect me, and so, I enjoy the subtle essence of the Lord, Har, Har, Har. ||1||Pause||



The Sikh holy scripture explicitly discusses sadness and depression (*dukh*) using many metaphors. Although *dukh* may refer to physical pain and not depression *per se*, it can be argued that the mind cannot suffer from physical pain, hence *dukh* here refers to depression. Here, we elaborate on the phenomenology of depression as understood in modern terminology that has been described in the *Guru Granth Sahib*.

The subsequent articles will dwell deep into the various causes and remedies for depression, diabetes and other lifestyle diseases. Please reach out if you would like to read about other topics.

Sources: <https://www.sikhitothemax.org>, <https://www.ncbi.nlm.nih.gov>



### Time to Count the butterflies!

*Supinder Kaur Gill*

The reason why butterflies and moths visit gardens is to look for food, places to live in over winter and places to breed. It's vital that we help to provide butterflies and moths with an environment that suits them. Their numbers declined dramatically so need our help...

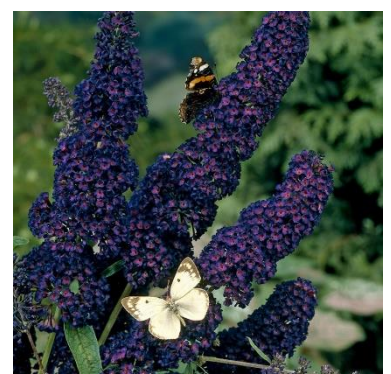
Butterflies are helpful pollinators and they are an important part of the circle of life in the garden. By this I mean that garden birds are very reliant on caterpillars as food and gardeners love to welcome birds as much as butterflies to the plot.

When it comes to planting for butterflies, buddleja is an obvious choice as they attract peacock, red admiral and small tortoiseshell. Herbs such as lavender and marjoram are great for bees as well as butterflies.

The best butterfly borders are in full sun in a sheltered spot. Butterflies are cold blooded so rely on heat absorbed by the sun. Place a flat stone in a sunny border and you'll often see them sunbathing and building up energy to take flight. To encourage early and late season butterflies your planting should include nectar-rich spring and autumn flowering plants and it goes without saying that you should avoid garden chemicals. The flat heads of achilleas and echinacea are perfect. Planting in large clumps also encourages activity

Butterfly attracting plants include the following:

- ❖ *Borage officinalis*
- ❖ *Buddleja davidii*
- ❖ *Centranthus ruber*
- ❖ *Erysimum 'Bowles's Mauve'*
- ❖ *Hesperis matronalis*
- ❖ *Hylotelephium spectabile*
- ❖ *Lysimachia clethroides*
- ❖ *Origanum vulgare*
- ❖ *Tithonia rotundiflora 'Torch'*
- ❖ *Verbena bonariensis*



## SIKH ASSISTED MARRIAGES

Application forms for this service are available from the Gurdwara. The completed application form and a passport size photograph, with the non-refundable **registration fee of £50** (cheques payable to **Sri Guru Singh Sabha**) should be sent to:

The Matrimonial Service,

Gurdwara Sri Guru Singh Sabha, Alice Way, Hanworth Road, Hounslow, Middlesex. TW3 3UA

**Participants must be registered on our matrimonial database to benefit from this service.**

Personal and telephone enquiries are welcome as follows:

Monday – Saturday 10:00am – 1:00pm

Sunday 10:00am – 3:00pm

Telephone Enquiries: **020 8814 6701**

All information will be strictly confidential and sincere efforts will be made in good faith to introduce interested parties. The management of the Gurdwara will not be responsible morally, legally, or otherwise, for any alleged act of negligence, omission, or commission by either of the parties concerned, nor will it be liable for any legal action.

**Gurdwara Sri Guru Singh Sabha's current list of matrimonial partners appears below.**

## MALES

<i>Ref No</i>	<i>Birth Date</i>	<i>Academic Qualification</i>	<i>Present Employment</i>	<i>Height</i>
2747	18/12/81	BSc(hons) Computer Science	IT Business Analyst	5' 11"
2749	28/12/86	BSc Financial Computing	Client Care Analyst	5' 06"
2750	09/05/87	BA Finance/Accounts, ACCA	Chartered Accountant	5' 10"
2751	16/06/91	BA Business Economics	Quantity Surveyor	6' 00"
2752	10/05/91	M Pharm	Pharmacist	6' 03"
2753	13/09/91	MA Medicine, MBBS	Hospital Doctor	5' 11"
2754	18/05/87	Master Business Info Management	Operations Supervisor	6' 00"
2755	25/07/89	BSc(hons) Business Mgmt. & Mktng	Self Employed	5' 08"
2756	05/03/75	BSc Product Design	Baggage Handler	5' 8½"
2757	02/03/90	LLB	Senior Executive (Family Bus.)	5' 10"
2758	23/08/84	BSc Computer Science	self employed	6' 00"
2759	13/07/89	City & Guilds Level 3	Motor Mechanic	5' 06"
2760	26/07/90	MBBS	ST3-ConsultantRadiologytrainee	5' 10"
2761	22/06/85	BSc, MSc, PhD Immunology	Associate Director	5' 10"
2762	06/12/88	LLB, LLM, LPC	Solicitor	6' 01"
2763	31/05/88	BA, LLB	Head of Legal Lawyer Corparter	5' 11"
2764	22/01/89	Compex Electrician	Compex Qualified Electrician	5' 09"
2765	07/10/81	Masters in Commerce	Production Manager	5' 09"
2766	21/05/91	MSc Physics	Procurement Manager	6' 01"
2767	03/09/87	MSc Computer Science	IT Consultant	5' 09"
2768	05/07/89	MSc Financial Mathematics	IT Contractor	5' 10"
2769	25/08/84	B Eng. Computer Networking	IT Production Manager	5' 05"
2770	25/09/88	BA Sociology, LLB, LPC	Solicitor	5' 10"
2771	25/03/85	BTEC Business	BA Customer Service	5' 11"



2772	28/02/88	BSc Economics	Investor-Trader	6' 01"
2773	17/07/90	BSc, B Med(hons), M Pharm	Pharmacist	6' 04"
2774	20/05/84	MBBS, FRCR	NHS Consultant	5' 09"
2775	27/09/90	M Eng Aerospace Engineering	Proxisense Ltd, Oxford Uni	6' 01"
2776	26/06/81	BSc Computer Info. Systems	Senior IT Consultant	5' 09"
2777	10/03/93	MBBS, BSc(hons)	Medical Doctor	6' 04"
2778	17/01/90	College - IT Entry Level 1	Taxi Driver	6' 02"
2779	20/11/91	BSc Quantity Surveyor	Quantity Surveyor	5' 11"
2780	16/01/86	Diploma	Director - own company	5' 07"
2781	12/11/89	Business Studies & Personal Finance	Law Enforcement Officer	6' 01"
2782	21/12/92	BSc Economics (UCL)	Investment Banking	6' 03"
2783	28/03/83	BSc(hons) Computer Science	Account Manager	5' 09"
2784	16/06/86	ACCA	Accountant Plc	6' 01"
2785	29/12/81	BSC(hons) Information Systems	IT Consultant	6' 00"
2786	28/06/86	B Eng Electronic Engineering	Test Engineer	5' 06"
2787	29/05/85	BSc Mathematics	Actuary	5' 07"
2788	19/03/94	BTEC Science Level 3	BT Telecoms Engineer	6' 00"
2789	22/07/80	BSc Maths & Computer Science	Business Owner	5' 07"
2790	23/04/90	A Levels	British Airways	6' 02"
2791	02/11/74	MSc, B Eng(hons)	Senior Project Mgr Invest.Bank	5' 09"
2792	03/12/89	MPharm Pharmacy	Pharmacist (Branch Manager)	5' 09"
2793	15/03/87	M Pharm, MBBS	Junior Doctor	6' 00"
2794	02/06/88	MSc Economics & Finance (LSE)	Investment Analyst	6' 00"
2795	02/04/91	BSc Accounting & Finance	Accountant	6' 00"
2796	21/05/88	AS Level	Account Manager	6' 00"
2797	18/01/91	A Levels, left after 1yr at Uni	Warehouse Operator	5' 11"
2812	15/12/80	MSc Finance	Investment Manager	6' 00"
2813	23/03/93	BSc Biology	Teacher	6' 01"
2814	25/08/92	Primary School Teacher	Teaching at Primary School	5' 09"
2815	27/12/93	LLB Law	Paralegal	5' 11"
2816	07/10/88	BSc, MPharm	Own Pharmacy Business Bristol	6' 01"
2817	23/10/85	BA Business Studies	Estate Agent	5' 09"
2818	27/12/85	MSc Pharmacy	Pharmacist	6' 02"
2819	26/12/85	BSc(hons) Economics (LSE)	Investment Banker M&A	6' 02"
2820	10/12/82	BSC, CIMA Accountant	Business Manager Barclays	5' 11"
2821	18/11/81	High Diploma (college), Advanced IT	BUPA Health ServiceConsultant	5' 07"
2822	30/09/94	BSc Business & Politics	Digital Marketing (Fiat)	5' 9½"
2823	28/07/92	MD Master of Medicine	Senior House Officer	5' 06"
2824	27/07/88	Doctor of Medicine	NHS	6' 00"
2825	03/02/96	BSc(hons)	Accountant	6' 04"
2826	05/11/88	BDS Dentistry	Dentist	6' 00"
2827	28/09/85	A Levels	Deputy Court Custody Manager	5' 08"
2828	08/04/91	BSC(hons) Economics	Risk Consultant	6' 01"
2829	02/06/79	MBChB, General Practitioner	GP	5' 10"
2830	10/12/75	BSC(hons) Information Management	Engineer Contractor	5' 08"
2831	28/07/93	BSC Architecture, MA Graphic Design	Graphic Designer	6' 00"
2832	04/02/88	LLB(hons), LPC Law	Associate Director, Finance	6' 00"
2833	01/12/82	LLB(hons) Law	Contracting Lawyer	5' 10"
2834	23/03/88	BA(hons), ACCA	Finance Project Manager	5' 09"
2835	01/02/89	BSc (hons)	Financial Analyst	6' 00"

2836	02/06/86	MBBS, MRCGP	Doctor GP	5' 10"
2837	12/06/76	Physics Degree	Finance work	6' 02"
2838	25/04/88	M Eng Materials Sci. & Eng., ACA	Chartered Accountant	5' 09"
2839	31/01/80	IT Degree	Assistant Manager	6' 00"
2840	17/10/91	BSc (hons)	Actuary	5' 10"
2841	19/06/94	BSc Consumer Behaviour & Marketing	Financial Writer	5' 11"
2842	14/04/90	CIMA Qualified Accountant	Senior Finance Analyst	5' 10"
2843	01/07/89	BSC(hons) Chemistry, PGCE	Mortgage Broker	5' 09"
2844	22/01/88	BSc, MBBS	Hospital Doctor	5' 10"
2845	06/02/90	MBBS	NHS Doctor	6' 02"
2846	17/11/83	BSc Aerospace Engineering	Mechanical Engineer	5' 08"
2847	20/11/84	A Levels	IT Contractor	5' 11"
2848	28/11/90	BSc Economics, ACA	Finance	5' 08"
2849	16/01/88	Postgraduate Masters	Strategy Consultant	6' 02"
2850	28/06/87	BSc(hons) Computer Science	Business Intelligence Developer	5' 11"
2851	06/05/91	BSc Business Information Systems	Business Development Mngr	5' 09"
2852	09/01/85	BA(hons), ACA	Chartered Accountant-own Bus.	5' 09"
2853	21/10/81	BDS, MJDF, RCS(eng) PGCMDE	Principle Dentist	5' 11"
2854	26/11/95	BDS Dentistry	Dentist	6' 03"
2855	10/01/89	BSc(hons) Quantity Surveyor	General Manager	6' 00"
2856	30/03/91	MSc Computer Science	IT Software Consultant	6' 05"
2857	13/03/87	BSc Finance & Accounting	Management Accounting	6' 00"
2858	04/02/94	BSc Sci. MSc Busi. Technology	Sub-contractor Manager	6' 02"
2859	19/04/84	BA economics, IMA Chartered Acc'tant	Senior Commercial Finance	5' 09"
2860	29/04/93	ACA, Degree Accounting & Finance	Chartered Accountant	5' 11"
2861	27/10/89	BSc Maths & Management	Senior Commercial Analyst	5' 06"
2862	10/09/90	BSc, MSC Finance & Risk	Self Employed	5' 04"
2864	18/03/90	Charter Accountant	British Gas	5' 08"
2865	23/09/78	LLB(hons); PGDLP; PGDNP; MSc Law	In-House Counsel Solicitor	5' 09"
2866	19/02/90	BSc(hons), MSC Computer Science	Senior Software Engineer	5' 07"
2867	27/05/92	BSc(hons), PGDiP	Architect	5' 09"
2868	19/03/92	BA Economics	Accountant, Studying Ch. Acc.	6' 03"
2869	23/11/82	B Eng Computer Systems Engineering	Technical Presales Consultant	5' 09"
2870	05/12/93	MSc Mechanical Engineering	Site Engineer	5' 09"
2871	10/03/92	BSc, MBChB, MRES	Hospital Doctor	5' 09"
2872	27/04/86	BSc Business, LLB Law	Compliance Analyst	5' 10"
2874	30/09/89	BA(hons) Business Marketing	Digital Marketing	5' 11"
2875	23/04/91	BA(hons) Film & TV Studies	Heathrow Airport	5' 10"
2876	30/06/87	A Levels, Professional Financial Qual.	Risk Consultant Property Devel.	6' 02"
2877	29/09/84	MBBS	GP Doctor	5' 06"
2878	28/08/96	Apprenticeship	Software Engineer	6' 00"
2879	07/04/75	Bachelors	Civil Service Govt. Dept.	5' 08"
2880	08/04/94	Degree Geography	Law Enforcement	5' 05"
2881	10/07/75	LLB	Transport	5' 09"
2881	10/07/75	LLB	Transport	5' 09"
2882	16/01/94	MBBS, BSC(hons)	Doctor	6' 00"
2883	22/03/90	MPharm	Army Officer, Pharmacist	6' 01"
2884	14/04/91	BSc Maths, MSc Finance	UBS Investment Banker Strategist	5' 11"
2885	27/06/92	BDS	Dental Surgeon	5' 10"
2886	31/08/89	BDS,BEng, MSc Dental Implant Surgery	Dentist	6' 04"

2887	02/04/91	BSc Accounting & Finance	Accountant	6' 00"
2888	31/01/93	BSc(hons) Financial Mathematics	Banking Analyst	5' 11"
2889	23/05/95	M Pharm(hons)	Pre-Reg Pharmacist	5' 11"
2890	17/09/89	LLB Law	Solicitor	5' 10"

## F E M A L E S


<i>Ref No</i>	<i>Birth Date</i>	<i>Academic Qualification</i>	<i>Present Employment</i>	<i>Height</i>
9136	19/04/88	BA History, GDL BPP	Solicitor	5' 06"
9137	28/05/92	BA French Literature	Marketing	5' 07"
9138	01/11/89	MD Medicine	Junior Doctor	5' 07"
9139	08/01/91	BSc Physiotherapy	Senior Physiotherapist	5' 01"
9140	29/06/93	BA(hons), MA	Project Manager	5' 06"
9141	28/02/89	M Pharm	Clinical Pharmacist	5' 07"
9142	22/12/91	Adv Apprenticeship L2,3,4 Childcare	Nursery Nurse Team Leader	5' 01"
9143	18/11/89	BA(hons) Study of Religion	Learning Resource Manager	5' 02"
9144	03/02/93	BA History	Strategy Consultant	5' 03"
9145	04/12/86	LLB, PGCE	Teacher	5' 03"
9146	13/09/80	Masters	Account Director	5' 03"
9147	09/03/79	ACA, BSc Economics	Accountant	5' 06"
9148	25/10/84	LLB	Lawyer	5' 06"
9149	31/05/94	GCSE, Level 2 Acc'ting Apprenticeship	Regional Administrator	5' 05"
9150	03/03/85	A levels	Assistant Manager Insolvency	5' 02"
9151	17/11/83	Degree HRM & Marketing	HR Business Partner/Manager	5' 04"
9152	17/08/84	Degree educated	IT Programmer	5' 00"
9153	08/09/89	Degree educated	Trainee Solicitor	5' 00"
9154	02/10/90	BA Business Management	Property Negotiator	5' 05"
9155	31/01/87	M Pharm	Pharmacist	5' 03"
9156	01/03/88	Doctor	GP	5' 04"
9157	17/11/86	BM B Med Sci(hons)	NHS Doctor	5' 05"
9158	04/02/90	BSc Geography, PGCE	Geography Teacher (Sec. Sch)	5' 05"
9159	12/11/88	BSc, MSc Biology	Teacher - Marine Biologist	5' 05"
9160	16/10/87	MSc Marketing & Branding	British Airways Trainer	5' 06"
9161	12/06/84	BSc, ACCA	Chartered Accountant	5' 07"
9162	26/05/81	BSc, ACA	Chartered Accountant	5' 04"
9163	05/09/92	BA Medicine, MBBS	Hospital Doctor	5' 06"
9164	28/03/88	CACHE Diploma Childcare /Education	Radiology Assistant	5' 05"
9165	13/03/91	MBBS, BSc(hons)	Doctor	5' 07"
9166	30/01/88	BDS	Dentist	5' 00"
9167	12/10/81	MR Pharms	Pharmacist	5' 06"
9168	10/10/91	BSc Economics & Finance	Accounts Assistant	5' 04"
9169	04/05/95	BSc Accounting & Finance, ACA	Accountancy	5' 07"
9170	20/06/87	MBA International Management	VMWare-Operations Manager	5' 05"
9171	08/12/87	BSc(hons) Finance & Accounting	Management Accountant	5' 03"
9172	28/01/89	BSc(hons), MSc, stdy MBA	NHS England-Manager	5' 04"
9173	21/10/78	LLB(hons)	Solicitor	5' 02"
9174	28/04/82	MA Sociology of Education	Team Manager - Local Authority	5' 06"
9175	04/10/91	BSc, MSC	Software Engineer Google	5' 07"

9188	28/08/74	BSc(hons) Physics	Account Director for global org	5' 6.5"
9189	03/09/96	BSc(hons) Economics	Trainee Accountant	5' 03"
9190	29/03/79	BSc(hons) Pharmacology	Senior manager	5' 07"
9191	03/11/77	Masters	Publishing	5' 07"
9192	28/02/86	degree	Local Government Officer	5' 05"
9193	26/03/85	LPC (GDL), BA(hons)	working in Legal Practice	5' 02"
9194	10/12/89	Bachelors deg, PostGrad	Special needs co-ordinator	5' 07"
9195	27/12/77	BSc Marketing & Tourism	Airline Administrator Heathrow	5' 04"
9196	09/09/87	BA, GDL Law, LPC	Contracts Specialist Oil & Gas	5' 02"
9197	15/10/87	BA English & History	Tax Consultant	5' 11"
9198	06/02/86	MBBS	GP	5' 03"
9199	21/07/92	BDS	Dentist	5' 04"
9200	03/07/93	MBBS, BMedSc	Doctor	5' 06"
9201	21/03/90	MSC International Marketing	Marketing Consultant	5' 4½"
9202	13/07/88	BSc(hons) Computer Science	IT Incident Analyst	5' 05"
9203	24/05/90	LLB(hons)	Lawyer	5' 05"
9204	28/05/95	LLB(hons)	Trainee Solicitor	5' 11"
9205	08/08/90	BSc Computer Sci & Accountancy	Senior Fixed Income Analyst	5' 08"
9206	08/02/86	LLB, LLM	Lawyer	5' 06"
9207	28/03/83	ACA, BSc Economics	Chartered Accountant	5' 02"
9208	12/04/78	BDS, MFGDP	Dentist	5' 7½"
9209	01/07/82	MBChB	Doctor	5' 03"
9210	09/07/82	BA(hons)	Civil Service-Central Govt.	5' 00"
9211	19/06/81	MBBS, MRCP	Consultant Paediatrician	5' 06"
9212	27/01/86	BA(hons), MSc Info. Systems	IT Project Manager	5' 08"
9213	08/02/84	Diploma	Civil Servant at FCO	5' 02"
9214	18/02/88	BA(hons), PGCE	Teacher	5' 05"
9215	11/04/78	BSc(hons)	Estate Agent	5' 02"
9216	28/03/86	BA(hons) Business Studies	Net-A-Porter IT Manager	5' 06"
9217	09/03/81	BA Politics, Philosophy, Economics	own consultancy business	5' 07"
9218	23/01/94	Bachelors Economics	Business Analyst	5' 02"
9219	04/09/92	BA(hons) Interior Architecture	Architectural Designer	5' 07"
9220	06/08/93	BSc Optometry	Optometrist	5' 04"
9221	15/04/93	MSc Law & Finance	Banker	5' 6½"
9222	17/04/96	BA(hons) Accounting & Finance	ACA Trainee Accountant	5' 05"
9223	18/01/96	Fd Nuclear Eng. & Chemistry	Health & Safety Advisor	5' 4½"
9224	28/12/94	MSc Mathematics	PhD Uni Leicester	5' 07"
9225	04/12/81	MSc Physics	Research Scientist	5' 09"
9226	30/05/87	LLB(hons)	Management Consultant	5' 04"
9227	16/08/93	LLB LPC	Solicitor	5' 05"
9228	04/08/81	BA, Diploma Teaching, B Ed	Language Teacher	5' 05"
9229	13/03/87	LLB, LLM, BVC	In House Legal Investment Bank	5' 06"
9230	13/03/90	BSc Mathematics	Chartered Accountant	5' 05"
9231	20/08/94	MBBS, BSc(hons)	NHS Doctor	5' 05"
9232	26/07/92	Degree(hons) Economics & Finance	Senior Credit Risk Analyst	5' 04"
9233	27/11/81	BSc Math&Management, ACA	Director	5' 06"
9234	29/06/88	MA history	Project Co-ordinator	5' 06"
9235	09/10/91	BSc, MSc	Mental Health	5' 11"
9236	31/05/86	BSc(hons), MSc Economics	own business-Subway Franchise	5' 3½"
9237	23/03/92	M Pharm	Self Emp-Pharmacist (Locum)	5' 06"



9238	17/05/90	BSc Mathematics	Investment Consultant	5' 04"
9239	27/01/80	BSc Sports Therapy	Self Employed Therapist/Trainer	5' 05"
9240	12/12/89	MSc Economics/Econometrics	Trader Financial Services	5' 06"
9241	12/11/92	BA(hons) Eng. Lit & Creative Writing	Higher Education-Course Coord	5' 03"
9242	09/07/93	M Pharm	Hospital Pharmacist	5' 06"
9243	22/04/85	BA, M Phil	Publishing Manager	5' 05"
9244	23/08/95	LPC LLM	Trainee Solicitor	5' 02"
9245	16/03/90	BA	Data Analyst-Youth Offending	5' 06"
9246	21/02/86	MA, MSc. PhD	Government Research Labs	5' 05"
9247	05/10/89	BA(hons)	PA Admin/Practice Manager	5' 05"
9248	26/03/91	Mc Optom	Optometrist	5' 03"
9249	22/11/86	BSc Economics,MSc	Banking Treasury Support Ass.	5' 04"
9250	16/04/78	BA(hons) Accounts & Finance	Accounts Manager	5' 05"
9251	19/05/90	MSc(hons) Molecular Medicine	Scientist	5' 05"
9252	04/04/93	BA Business Management	Retail Management Manager	5' 01"
9253	19/06/87	ACCA	City Credit Capital	5' 04"
9254	12/08/86	BA(hons) French & Italian	Accenture IT Consulting	5' 07"
9255	21/05/84	CIPD Level 5	HR Assistant	5' 06"
9256	16/01/88	BA(hons) Finance	Finance Manager	5' 07"
9257	17/02/93	BSc, MSc Physics	Radiotherapy Physics	5' 05"
9258	18/01/87	LLB, ACCA	Accountant	5' 03"
9259	13/12/81	GNVQ Advance Business	Pre-School Teacher	5' 05"
9260	19/10/94	MA(hons) Finance & Accounting	Admin Finance	5' 08"
9261	24/02/91	BA Business & Finance	Bank Officer	5' 04"
9262	24/07/85	BSc(hons) Neuroscience	Editor	5' 04"
9263	14/03/90	LLB	Solicitor	5' 02"
9264	07/01/89	MBChB, MSc, MRCS	ST3 Surgical Registrar	5' 08"
9265	27/12/85	AAT Accounts	Credit Controller	5' 08"
9266	21/01/90	BSC Psychology	Senior Dental Nurse	5' 09"
9267	13/10/92	BA Economics, stdy. CIMA	Finance Analyst	5' 03"
9268	06/01/94	MA Human Resource Management	HR Advisor	6' 00"
9269	01/11/90	BSc(hons) Economics	VP Investment Banking	5' 04"
9270	12/01/90	BA(hons), MSc Management, PGCE	Asst. Head of Year, Teacher	5' 04"

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## FREE ADVICE SERVICES AT THE GURDWARA

SERVICE	Location	Rate	Day	Time
Sikh Assisted Marriage Service	1st Floor Building	Daily	Mon - Sat Sunday	10 am - 1 pm 10 am - 3 pm
Legal Advice	Ground Floor New Annexe	Every Second Thursday of the Month 5 pm - 7 pm - Mob: 07896 492 789		
General Enquiries Office	Ground Floor Main Bldg	Daily	Mon - Sun	10 am - 6 pm
Metropolitan Police	Ground Floor Main Bldg	Weekly	Tuesday	11 am - 12pm
Home Office Immigration Enforcement (formerly UK Border Agency)	Ground Floor New Annexe	Weekly	Tuesday	10 am - 3 pm
Financial Advice & Estate Planning	Ground Floor New Annexe	On Demand		
Disability Network Hounslow	Ground floor New Annexe	Weekly	Friday	2 pm - 4.30 pm
Gurdwara Wellbeing Centre	Ground floor Main Bldg	Weekly	Sunday	11 am - 2 pm
Gurdwara Healthy Walks	Meet Ground Floor Foyer Main Bldg	Weekly	Thursday	10 am - 12 pm
Bereavement Service	On Demand			
Drug & Alcohol Addiction Service	On Demand			

Note: Arrangements are being made to introduce addiction Services at the Gurdwara, which will benefit both congregation and local diverse community.

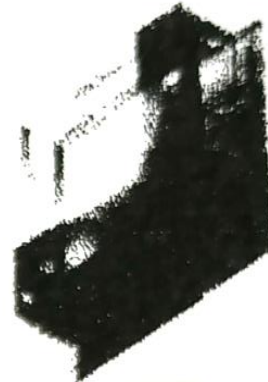
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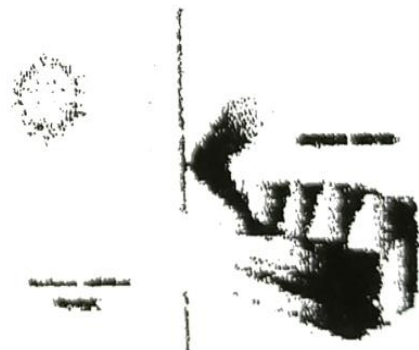
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also provide services to other local areas and have the ability to

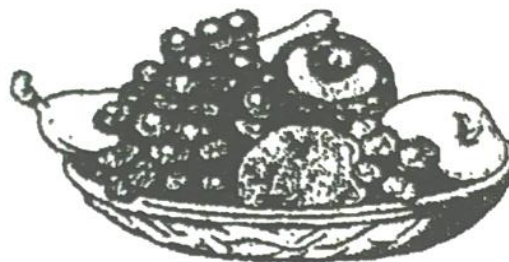




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